Dover Recreation Summer 2023 Swim Program Guide

Please read this packet fully, as it contains important information for all ages and abilities.

We offer <u>American Red Cross swim lessons</u> for children ages 6 months up to 12 years old. We offer infant/toddler classes for children ages 6 months through 3 years, Preschool classes for children 3 and 4, Level 1-4 class for children ages 5-12.

Our group Lessons will run in 2 weeks sessions. Students come three days a week, Tuesdays, Wednesdays, &Thursdays, during their session. Pre-school classes will have 5 students/ class, levels 1&2 will have 6 students/ class, levels 3&4 will have 8 students/ class, and infant toddler will have 12 students/ class

Swim Team Prep specialty class takes the place of our American Red Cross Level 5/6 class. Class meets one day per week on Friday mornings in the summer.

<u>NEW DIVING CLINIC Specialty class:</u> Learn the fundamentals of diving and develop new skills in a fun environment

Adult Classes do not run during the summer time and will resume in the fall.

For the safety of the participants and our lifeguard team, parents must be seated on the bleachers during all lesson times.

We will hold one registration block for all summer sessions. If you have placed your child on a waitlist, we will reach out to you to let you know if you were able to get a spot AFTER registration has closed.

Registration will open to Dover Residents Wednesday May 24th at 8am

Registration will open to Non-Residents Wednesday May 31st at 8am

Registration Closes- Wednesday June 14th at 12pm

NO REFUNDS ONCE CLASSES BEGIN, NO COVID RELATED REFUNDS, NO MAKEUP CLASSES

Registration Process

All registrations are done online! The website we are using is linked with the information you have given to the Dover Recreation Department for previous recreation activities or memberships at any facility.

You MUST set up your account 24 hours before
the registration window opens or we cannot
guarantee your account will be active by the time
registration opens!

If you have NOT previously registered for a recreation program or membership—YOU MUST DO THIS 24 hours before the registration window opens so we can accept the household;

- Go to getactive.dover.nh.gov
- · At the top of the screen, on the right hand side, click "Login"
- Click "Brand new patron"
- On the next screen complete all required fields, and click "Finish"

If you have previously registered for a recreation program or membership;

- Go to getactive.dover.nh.gov
- · At the top of the screen, on the right hand side, click "Login"
- **For first time users** you can click the "Forgot Password" option and if we have an email address linked to your account you will receive an email with steps to complete your login. If you have not previously given us your email address you can email e.holton@dover.nh.gov or call (603) 516-6428 and our

Once you have logged into your account, click on the "Aquatic Programs" box. On the following screen, you will see all of our lessons listed. To register for the class you want, click the cart with the green plus sign (Add to Cart) to the left of the listed program. When you have added your desired program to your cart click "Enroll Now" at the bottom of the screen. Follow the prompts on the next screens to complete the registration process. You will need a credit card to complete your registration.

Youth Summer Sessions

Session 1 June 27th-July 6th (Tuesdays, Wednesdays, Thursdays)

No Lessons July 4th

| 8:00am-8:30am | 8:30am-9:00am | 9:00am- 9:30am |
|----------------|---------------|----------------|
| Preschool 1 | Preschool 1 | Preschool 3 |
| Preschool 2 | Preschool 2 | Level 2 |
| Preschool 3 | Level 1 | Level 3 |
| Infant/Toddler | Level 2 | Level 4 |

Session 2 July 11th-July 20th (Tuesdays, Wednesdays, Thursdays)

| 8:00am-8:30am | 8:30am-9:00am | 9:00am- 9:30am |
|----------------|---------------|----------------|
| Preschool 1 | Preschool 1 | Preschool 3 |
| Preschool 2 | Preschool 2 | Level 2 |
| Preschool 3 | Level 1 | Level 3 |
| Infant/Toddler | Level 2 | Level 4 |

Session 3 July 25th- August 3rd (Tuesdays, Wednesdays, Thursdays)

| 8:00am-8:30am | 8:30am-9:00am | 9:00am- 9:30am | |
|----------------|---------------|----------------|--|
| Preschool 1 | Preschool 1 | Preschool 3 | |
| Preschool 2 | Preschool 2 | Level 2 | |
| Preschool 3 | Level 1 | Level 3 | |
| Infant/Toddler | Level 2 | Level 4 | |

Session 4 August 8th- August 17th (Tuesdays, Wednesdays, Thursdays)

| 8:00am-8:30am | 8:30am-9:00am | 9:00am- 9:30am | |
|----------------|---------------|----------------|--|
| Preschool 1 | Preschool 1 | Preschool 3 | |
| Preschool 2 | Preschool 2 | Level 2 | |
| Preschool 3 | Level 1 | Level 3 | |
| Infant/Toddler | Level 2 | Level 4 | |

Fees: Dover Residents \$45

Non-Residents \$60

See Page 1 for Registration Dates. See Page 4 for Swim Lesson Selection Guide

Swim Lesson Selection Guide



Which Level should I enroll my child?

| Child Age 6 Months— 3 Years | | Infant/Toddler |
|---|----------|------------------|
| | | |
| | | |
| Child Age 3-4 Years | | |
| | | |
| Can they put their face in the water and blow bubbles? | Not Yet? | Preschool 1 |
| | | Preschool 1 |
| Can they float on their back for 15 seconds and recover to their front? | | |
| | Not Yet? | Preschool 2 |
| Can they swim independently to the instructor and turn over onto | | |
| their back? | Not Yet? | Preschool 3 |
| | | |
| | | |
| Child Age 5-12 Years | | |
| Can they enter the water and exit the water and swim 5 yards | Not Yet? | Level 1 |
| independently with their face in the water? | | |
| Can they swim using combined arm and leg motion and recover to a | Not Yet? | Level 2 |
| back float independently? | Notice | |
| Can they swim 15 yards on their front and back with side breathing? | | Level 3 |
| , , | Not Yet? | |
| Can they swim 25 yards front and back crawl and 15 yards | | Level 4 |
| breaststroke? | Not Yet? | |
| Do they know all four competitive strokes effectively? | | Swim Team Prep |
| Do they know all lour competitive strokes effectively: | Not Yet? | Swiiii Team Flep |
| | | |

Start fast, finish faster in our Swim Team Prep



This class is for participants who are considering joining a swim team. This class focuses on all four competitive strokes, starts, and turns. In this practice, emphasis is placed on building endurance, goal setting, and continued stroke development through reinforced repetition and drills.

| D | | e | |
|---|--|---|--|

June 30th to August 18th (8 Classes)

Days & Times

Fridays 8-8:45am

Cost

Residents - \$64.00
Non Residents - \$80.00



Contact: Erika Holton

Register: getactive.dover.nh.gov

Phone: 603-516-6428

NEW Diving Clinic!

We are happy to announce our new Diving Clinic. This course is to teach the basics and beginnings of competitive diving. This instructor led course will teach the fundamentals of diving and develop new skills in a fun environment.

Interested participants should know how to swim confidently and without assistance and should be able to dive down to 9ft and resurface without assistance.

Come learn the fundamentals of the competitive sport of diving!

Contact: Erika Holton

Register: getactive.dover.nh.gov

Phone: 603-516-6428

Dates:Days & TimesCostJune 30th to August 18thFridaysResidents - \$64.00(8 Classes)8:45-9:30amNon Residents - \$80.00

Program Descriptions

Our **Infant/ Toddler** class ages 6 months up to 3 years. This is a wonderful course that may help your child to become more comfortable around the water. Parents and children go in to the water together and under the direction of an instructor learn simple exercises and skills.

Our **Preschool** program is for children ages 3 and 4 years old. It is broken down into Preschool Levels 1,2, & 3. . Swimmers older than 4 are not allowed in the preschool classes. Swimmers must be 5 for level 1.

Preschool 1– This is a great start where water comfort, safety, and beginning arm and leg actions are taught.

Preschool 2– Participants should be able to put their face in the water, and float comfortably with instructor assistance. In preschool 2 instructors work on floating on their own, submerging mouth, eyes, and nose.

Preschool 3– Should be able to float on their own and fully submerge while blowing bubbles. Preschool 3 works on front and back glides, and beginning to have participants swim short distances on their own.

Our **Level 1-4 classes** are for children ages 5-12. The requirements listed will help determine which level to sign up for.

Level 1- Fully submerge face, front and back floats, swim on front and back for 5 yards unassisted. Swimmers must be 5 for level 1.

Level 2- Back and front floats for 5 seconds independently, swim using a combined arm and leg action for 5 yards.

Level 3- Swim 15 yards with rotary breathing, kneeling and sitting dives, butterfly kick and body motion, HELP and huddle positions.

Level 4- Front crawl 25 yards, entire butterfly stroke, treading water.

Our **Swim Team Prep program** is for participants who are considering joining a swim team. This class focuses on all four competitive strokes, starts, and turns. In this practice, emphasis is placed on building endurance, goal setting, and continued stroke development through reinforced repetition and drills.

Our **NEW DIVING CLINIC:** will teach the basics and beginnings of competitive diving. This instructor led course will teach the fundamentals of diving and develop new skills in a fun environment

Miscellaneous Information

Classes will be filled on a first come-first serve basis. Feel free to call with any questions regarding the availability of a class or registration procedure.

Please note:

Children ages 3 and under are required to wear a swim diaper while swimming in the Dover Indoor Pool. Swim diapers are available at the pool for \$2 each.

Please remove all street shoes before entering the pool area. Failure to remove street shoes presents a cleanliness and sanitary issue. You are more than welcome to bring an alternate pair of shoes, flip-flops or clean deck shoes. Thank you for your cooperation!

Changing Facilities

<u>Masks are recommended in the locker rooms</u>. **Children age 4 and over are required to use same-sex locker rooms**. There is a changing stall located in the lobby as well as a family changing/showering area. See the desk attendant for further assistance.

Health Warning (COVID-19)

The City of Dover's top priority is the health and safety of our patrons, so please keep in mind the following:

- Risk of exposure to COVID-19 is still present
- For the safety of our staff and other patrons, please stay home if you are feeling ill, or experiencing any symptoms of COVID-19 (cough, fever, severe fatigue) and use our facility when you are feeling better.
 - Patrons must take responsibility for their own protection (masks, hand washing, etc.)
 - Please maintain social distancing practices and remain 6 feet away from patrons that are not in your household

No refund is given after activities begin. No refunds are given due to weather cancellations, all attempts will be made to make up the lesson if this occurs but it cannot be guaranteed. All persons participating in Dover Recreations programs do so at their own risk and without recourse to the City of Dover, its agents, officers or employees. A \$10 non-refundable administration charge is included in all fees.